

# DINNERLY



## Super-Veggie Risotto with Cream Cheese



35 minutes



2 Servings

Cheese: the answer to most of life's problems. Here, we've boosted the decadence of a scrumptious veggie risotto by adding cream cheese. Even the littlest diner won't be able to resist.

### WHAT WE SEND

- 1 onion
- 1 head broccoli
- 250g butternut pumpkin
- 2 vegetable stock cubes
- 150g arborio rice
- 250g cream cheese <sup>7</sup>

\* The remainder of this ingredient won't be used in this recipe.

### WHAT YOU NEED

- 2 garlic cloves
- 625ml (2½ cups) boiling water
- 1 tbs olive oil

### TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Milk (7). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 645kcal, Fat 27.6g, Carbs 75.3g, Proteins 18.5g



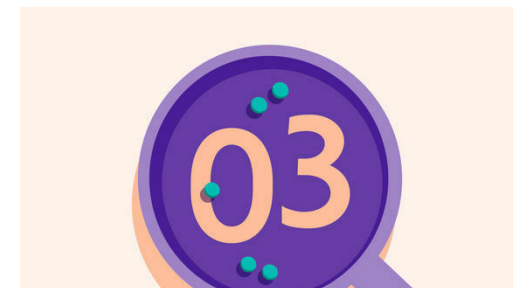
#### 1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Finely chop the **onion**. Cut the **broccoli** stem into 1cm chunks. Cut the head into small florets. Peel the **pumpkin** and cut into 2cm chunks.



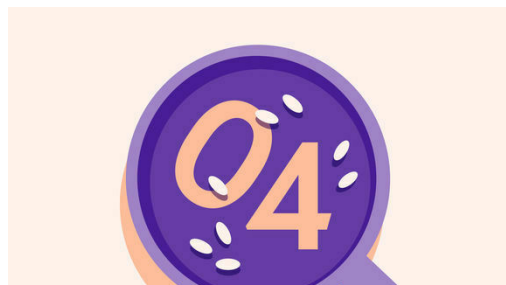
#### 2. Prep stock

Crumble the **stock cubes** into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



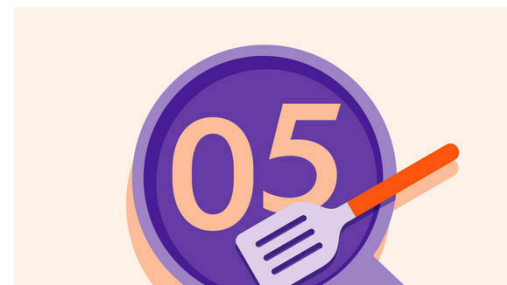
#### 3. Soften onion

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **garlic** and **onion**, stirring occasionally, for 4 mins or until softened. Add the **broccoli stem** and **rice** (see Make it yours), season with **salt and pepper** and stir to combine.



#### 4. Simmer risotto

Add the **stock** to the rice mixture and bring to the boil. Reduce the heat to medium, cover and cook for 10 mins. Stir in the **pumpkin** and **broccoli florets** and cook, covered, for a further 10 mins or until the liquid is absorbed and the rice and veggies are tender. Remove the pan from the heat and stand, covered, for 5 mins.



#### 5. Serve up

Gently stir **half the cream cheese\*** into the risotto. Taste, then season with **salt and pepper**. Divide the **veggie risotto** among bowls and enjoy!



#### 6. Make it yours

If you want to hide the veggies from the kids, add the broccoli florets and pumpkin to the pan with the rice so that they completely break down during cooking.